

Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Sport \_\_\_\_\_

## Balance Error Scoring System (BESS)

(Guskiewicz)

<b>Balance Error Scoring System – Types of Errors</b>
<ol style="list-style-type: none"><li>1. Hands lifted off iliac crest</li><li>2. Opening eyes</li><li>3. Step, stumble or fall</li><li>4. Moving hip into &gt;30° abduction</li><li>5. Lifting forefoot or heel</li><li>6. Remaining out of test position &gt;5 sec</li></ol>
<b>The BESS score is calculated by adding one error point for each error during the 6 – 20 second tests.</b>

Score Card: (#errors)	FIRM surface	FOAM surface
Double Leg Stance (feet together)		
Single Leg Stance (non-dominant foot)		
Tandem Stance (non-dom foot back)		
Total Scores		
<b>BESS TOTAL:</b>		

Which foot was tested: Left Right  
(i.e.) which is **non-dominant** foot)